



## **CECH Inclusive Excellence Weekly Update**

### **Asian American and Pacific Islander Heritage Month**

- May is Asian American and Pacific Islander Heritage Month. The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants. During this month we pay tribute to the generations of Asian Americans and Pacific Islanders who have enriched America's history and present day.
- Explore these [APAHM Events and Activities in Cincinnati](#) taking place in May.
- Check out these [30 AAPI Books for Kids of All Ages](#) with Amazon links.
- Below are important organizations fighting for AAPI rights:
  - [Asian Americans Advancing Justice](#)
  - [Stop AAPI Hate](#)
  - [National Asian Pacific American Women's Forum](#)
  - [18 Million Rising](#)
  - [APIA Health Forum](#)
  - [National Council of Asian Pacific Americans](#)

### **Prohibition on Sex Discrimination**

- On May 10, 2021, the department of Health and Human Services announced that the Office for Civil Rights will interpret and enforce Section 1557 and Title IX's prohibitions on discrimination based on sex to include: (1) discrimination on the basis of sexual orientation; and (2) discrimination on the basis of gender identity. HHS announced it will act on related reports of discrimination, including cases surrounding healthcare. If you believe that a covered entity violated your civil rights, you may [click here](#) to file a complaint.

### **Summer WHY DEI?**

- DEI stands for Diversity, Equity, and Inclusion. This is a monthly reminder brought to you by the CECH DEI Board encouraging you to explore a topic related to diversity, equity, and inclusion.
- Take a moment to [view our Summer WHY DEI newsletter](#) and discover fun ways you can stay engaged in DEI over the summer. If you are interested in joining our WHY DEI creation and editing team for the 2021-2022 school year, email [Daniele Bond](#).

### **Upcoming Events**

#### **YWCA Stand Against Racism Panel Discussion**

- The YWCA is having a virtual panel discussion on May 27th from 9 AM – 10 AM. This discussion will focus on understanding systemic racism from a public health perspective. Experts will provide a clearer understanding and tools you can use to work toward a more equitable world. [Register here](#).

### **Work and Volunteer Opportunities**

#### **Assistant Director/Honors Advisor for UHP**

- The University Honors Program is hiring an Assistant Director/ Honors Advisor. They will mentor and coach current University Honors Program (UHP) students through their experience, guiding students in identifying interests and opportunities, setting goals, reflecting on experiences, and telling their stories. Assist in developing global citizen scholars who lead innovative efforts toward solving the world's complex problems. For more information about the posting and how to apply, please see the [Assistant Director Honors Advisor](#) attachment.

#### **Program Manager for The Student Wellness Center**

- The Student Wellness Center Program Manager will manage, develop, and evaluate comprehensive wellness prevention efforts with a focus on mental well-being. In addition, the Program Manager will manage a new Student Wellness Center space, including scheduling events, assessing student outcomes, and overseeing operations. More information can be found in the [Student Wellness Center's website](#) and applications can be submitted on [jobs.uc.edu](https://jobs.uc.edu). Questions can be directed towards [Lori Bishop](#).

#### **Student Worker EO Analyst**

- The Office of Equal Opportunity & Access is hiring a student employee to support the mission of the office in advancing equity and inclusion at UC. Job description and application are available [here](#). Additional information about OEOA can be found on their [website here](#).

### **Ongoing Events**

#### **Virtual Workshop Series**

- The Love U Give is a virtual workshop series that will consist of three 90 minute live streamed sessions via Zoom. The mission of The Love U Give is to bridge and

empower people and environments that support Black youth. Workshops will be interactive and will focus on the wellness of Black youth. [Register here for FREE!](#)

- Workshop Schedule:
  - **May 19th, 12 PM:** Medical Mistrust in the Black Community and Getting the Most Out of Your Medical Visits
  - **June 2nd, 12 PM:** Maintaining Healthy Relationships and Community Forum

### **Eviction Resources**

- If you are facing eviction from an apartment or rented home, Hamilton County Job & Family Services can provide you with federal funding that will pay up to 12 months of past-due rent and utilities and pay for up to 3 future months. Applicants must be Hamilton County residents. Email [hamil\\_caresfunding@jfs.ohio.gov](mailto:hamil_caresfunding@jfs.ohio.gov) or submit an application. Application and more information can be found [here](#).

### **Repaying Student Loans**

- Below are resources offered by [SallieMae.com](http://SallieMae.com) to guide you through the loan repayment process:
  - [How to prepare for student loan payments during your separation or grace period.](#)
  - [Understand student loan payments](#)
  - [Learn about credit](#)
  - [Getting help with special circumstances](#)

### **Mental Health Matters**

Launched in 1949 by Mental Health America (MHA), May is Mental Health Month is the most highly recognized mental health awareness event in the nation.

Each year, tens of thousands of organizations choose to use MHA's official May is Mental Health Month materials. The materials reach millions of people with messages of health, wellness, prevention, and recovery.

The COVID-19 pandemic has had a profound impact on the mental health of people of all ages. Now, more than ever, it is critical to reduce the stigma around mental health struggles, **because that stigma often prevents individuals from seeking help.**

In 2021, MHA continues with the theme of *Tools 2 Thrive*, providing practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation. The toolkit includes sample materials for communications and social media as well as printable handouts on the following topics:

- Adapting after trauma and stress
- Dealing with anger and frustration
- Getting out of thinking traps
- Processing big changes
- Taking time for yourself
- Radical acceptance

[Download the toolkit here!](#)

**Mental Health Month & Social Media: Who is sharing about Mental Health Month? Many individuals are utilizing social media to advocate for mental health through art, literature, podcasts, blogs resources and so much more. Interested in this type of content? Start here!**

- [Self Care is For Everyone](#)
- [Sunny Bloom Inspiration](#)
- [Nedra Glover Tawwab](#)
- [Keeley Shaw](#)
- [The Therapist Spot](#)
- [Lori Gottlieb](#)
- [Asians For Mental Health](#)
- [Ji-Youn Kim](#)
- [Anxious Black Girl Comics](#)
- [Inclusive Therapists](#)
- [Mental Matters Podcast](#)
- [Minaa B.](#)
- #MentalHealthAwareness
- #MentalHealthMatters
- #TherapyIsCool

#### **Quick Resources**

- [CECH Mental Health Resource Guide](#)
- [CAPS](#) – The University Counseling and Psychological Services for students. Call 513-556-0648 to schedule an initial consultation.
- [Crisis](#) – If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255)
- [Faculty/Staff](#) – Helping Students in Crisis Through CAPS
- [Impact Solutions \(UC's EAP\)](#) - Faculty and staff mental wellness resources and services.
- [Inclusive Therapists](#) – Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist.

#### **Crisis Resources**

- If you or someone you know is in an emergency, call **911** immediately.
- [Faculty/Staff – Helping Students in Crisis Through CAPS](#)
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at **1-800-273 TALK (8255)**
- You can also text **NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
- [Know the Warning Signs and Risk Factors of Suicide](#)

#### **Resources!!!**

[AACRC Newsletter](#)

[EPS Newsletter](#)

[Changing Times Newsletter](#)